



New England Chick'n Broccoli Calzone Ingredients



Dough: Wheat Flour, Water, Palm Oil, Salt, Baking Powder

Filling: Calrose Rice, Vegan Chick'n (Water, Vital Wheat Gluten, Organic Tofu (Water, Organic Soybeans, Magnesium Chloride, Calcium Chloride), Non-GM Expeller Pressed Canola Oil, Organic Cane Sugar, Yeast Extract, Oat Fiber, Vegan Natural Flavors, Non-GM Corn Starch, Sea Salt, Potassium Chloride, Granulated Garlic, Calcium Lactate From Beets, Onion Powder, Spices, Citric Acid, Titanium Dioxide (A Naturally Occurring Mineral)), Broccoli, Vegan Cheddar Cheese (Filtered Water, Tapioca Starch, Coconut Oil, Vegan Natural Flavors, Pea Protein Isolate, Non-GMO Expeller Pressed: Canola And/ Or Safflower Oil, Chicory Root Extract, Sea Salt, Xanthan Gum, Lactic Acid (Vegan), Tri-calcium Phosphate, Tri-calcium Citrate, Pea Starch, Potato Protein, Vegan Enzyme, Cane Sugar, Annatto (Color)), Yellow Onion, Organic Hummus (Garbanzo Beans, Sesame Tahini (Sesame Seed Paste), Garlic, Lemon Juice, Sea Salt), Red Bell Peppers, Spices, Granulated Garlic, Salt.
 Contains: Wheat and soy

Nutrition Facts

Serving Size: 1 calzone (156g)
 Servings Per Container: 2

Amount Per Serving

Calories 320 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 320mg **13%**

Total Carbohydrate 49g **16%**

Dietary Fiber 2g **8%**

Sugars <1g

Protein 9g

Vitamin A 4% • Vitamin C 20%

Calcium 8% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g